

ALL CAREGIVERS ARE WELCOME.

We talk a lot about moms. But we offer support to anyone—working or not—who cares for a child, including:

- Moms
- Single fathers
- Grandparents
- Foster parents
- Step-parents
- Guardians

WE'RE HERE FOR YOU.

We're here for more moms and caregivers than you might think—in fact, we serve over half of all infants born in the US. To get WIC assistance, participants:

- **Should be pregnant or have infants or children under 5 years old**
- **May be in need of income assistance**
- **Can be receiving other benefits like foster care, medical assistance, or SNAP**

FIND WIC NEAR YOU.

WIC is there to serve moms across the U.S. With over 10,000 clinic sites, there's almost always a WIC center nearby.

Your local WIC office:

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NUTRITION,
SUPPORT,
AND THE
POWER
OF MOMS.



WE HELP MOMS BE MOMS.

WIC is the nation's most successful and cost-effective public health nutrition program. We provide wholesome food, nutrition education, and community support for income-eligible women who are pregnant or post-partum, infants, and children up to five years old.

FOOD. EDUCATION. SUPPORT. YOU GOT THIS.

We give moms the resources, knowledge and tools they need to be the moms they want to be.

HEALTHY FOOD

Through WIC moms get monthly benefits to buy healthy food, such as:

Foods with calcium for strong bones and teeth:

- Milk
- Cheese
- Soy beverages

Grains with iron for energy, and folic acid for healthy growth:

- Cereal
- Brown rice
- Soft corn or whole wheat tortillas
- Whole grain bread
- Whole wheat pasta

Fruits and vegetables to keep your heart and weight healthy:

- Fruit or vegetable juice
- Fruits and vegetables fresh, frozen, or canned*

Foods with protein for strong muscles and healthy skin:

- Dried or canned beans, peas, lentils
- Eggs
- Canned tuna or salmon
- Peanut butter
- Tofu

Iron-fortified foods for infants who need it:

- Baby foods
- Infant formula
- Infant cereal

NUTRITION EDUCATION

We support and educate moms to help them breastfeed successfully. We offer guidance on how to shop for healthy food, how to prepare it and how to entice children to eat it. We provide access to information, including:

- Prenatal nutrition
- Breastfeeding tips
- Eating tips for your child
- Parenting tips
- Healthy recipes

A COMMUNITY OF SUPPORT

We're a network built for moms. We connect them, we educate them and we learn from them. Our community consists of:

- Nutritionists
- Lactation specialists
- Peers

REFERRALS

We can introduce moms to resources outside of WIC, including:

- Healthcare professionals such as pediatricians, OBGYNs, and dentists
- Immunization services
- Substance abuse counselors
- Domestic abuse counseling
- Social services

*Food packages vary by location.